

### Grades 9-12 Lunch Menu Sample - Five Day

Sponsor #	Sponsor	Contact Name
1234	Our High School	Our Site Manager

Grade Group: **9-12**

		Day 1	Day 2	Day 3	Day 4	Day 5
COMPONENTS ↓	MENU NAME →	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Meat/Meat Alternates</b>  Daily minimum: 2 oz. eq.  Weekly minimum: 10 oz. eq.	Item	Oven Roasted Chicken	Apple 'n Yogurt Dippers with Cheese	WW Seashells and Meatballs (CN)	Porcupine Sliders (USDA F-10r)	Breaded Fish (CN) Taco with Cheese
	Portion	1 breast or 1 thigh or 2 drumsticks	4 oz. (1/2 cup)/1 oz.	2.85 oz. (5 each at 0.5 oz.)	2 each - 4 oz.	1.5 oz./ .5 oz.
	Contribution (oz. eq.)	2 M/MA	2 M/MA	2 M/MA	4 M/MA	2 M/MA
	2 <sup>nd</sup> Item (If planned)					
	Portion					
	Contribution (oz. eq.)					
<b>Grains</b>  Daily minimum: 2 oz. eq.  Weekly minimum: 10 oz. eq.	Item	WGR Biscuit	WGR Soft Pretzel	WG Seashells/ WG Bread Stick	(2) WG Mini Rolls	WG Tortilla
	Portion	2 oz. = 2 oz. eq.	2 oz. = 2 oz. eq.	1/2 cup = 1 oz. eq. 1 oz. = 1 oz. eq.	2 oz. = 2 oz. eq.	6" (1 oz.) = 1 oz. eq.
	Contribution (oz. eq.)	2 oz. eq.	2 oz. eq.	2 oz. eq.	2 oz. eq.	1 oz. eq.
	2 <sup>nd</sup> Item (If planned)					WG Tortilla Chips
	Portion					1 oz. (about 12 chips)
	Contribution (oz. eq.)					1 oz. eq.
<b>Fruits</b> If planned, 100% Juice can be <i>no more than ½ of total</i> (e.g. ½ cup)  Daily minimum: 1 cup	Item	Chilled Peach Slices	Red Apple (138 ct.)	Fresh Pineapple Chunks	Chilled Mandarin Oranges	Fresh Florida Berry Cup
	Portion in cups	1/2 cup	1 cup	1/2 cup	1/2 cup	1/2 cup
	2 <sup>nd</sup> Item (If planned)	100% Orange-Pineapple Juice		Chilled Fruit Cocktail	Red Grapes	Banana
	Portion in cups	1/2 cup		1/2 cup	1/2 cup	1/2 cup

Abbreviations: oz. eq. = ounce equivalent, WGR = whole grain-rich, M/MA = meats/meat alternates

Effective August 1, 2020 | FDACS Rev. 7/2021

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Vegetables Minimum <b>1 cup per day</b>		Day 1	Day 2	Day 3	Day 4	Day 5
<b>Dark Green</b> Weekly minimum: 1/2 cup	Item	Steamed Broccoli		Romaine Garden Salad		Chopped Romaine (Fish Taco)
	Portion in cups	1/2 cup		1 cup (credits as 1/2 cup)		1/4 cup (Credits as 1/8 cup)
<b>Red/Orange</b> Weekly minimum: 1-1/4 cup	Item		Carrot Sticks	Spaghetti Sauce	Baked Sweet Potato Fries	Diced Tomatoes (Fish Taco)
	Portion in cups		1/2 cup	1/4 cup	1/2 cup	1/8 cup
<b>Beans</b> Weekly minimum: 1/2 cup	Item					Black Beans
	Portion in cups					1/2 cup
<b>Starchy</b> Weekly minimum: 1/2 cup	Item	Mashed Potatoes			Sweet Corn	
	Portion in cups	1/2 cup			1/2 cup	
<b>Other Vegetables</b> Weekly minimum: 3/4 cup	Item		Cucumber Coins	Diced Tomatoes and Cucumbers		Salsa
	Portion in cups		1/2 cup	1/4 cup		1/4 cup
Other Foods	Item					
	Portion in cups					
Condiments	Item	Tran-Fat Free Margarine	Low Fat Ranch Dressing/Mustard	Low Fat Salad Dressing	Ketchup/Mustard	Taco Sauce
	Portion size	1 tsp.	1 Packet Each	1 Packet	1 Packet Each	1 Packet

**\*\*Vegetables from any subgroup are creditable as an additional vegetable.** Additional vegetable requirements: 1 ½ cups per week for grades 9-12.

Daily Milk	White	Chocolate	Strawberry	Other (specify)
Fat content	1%	Fat-Free	Fat-Free	
Fluid oz.	8 fl. oz.	8 fl. oz.	8 fl. oz.	

Notes